

The Sandpaper

Naval Air Facility

El Centro, Ca

Volume 6, Issue 6

"Pearl of the Desert"

August 2003

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NAF's Flying Fish remain Undeclared

Ever since the NAF El Centro swim team changed names from Desert Dolphins to Flying Fish, they have been winning every meet.

Plus



Volunteer helps families of
deployed Soldiers



Freedom Fest
at Imperial Valley College



Mother renders 1st salute

DEFY, two weeks of intense Summer fun

By GM2(SW) William Donovan
Security

From the 15th through the 25th of July, forty youngsters completed Phase 1 of the Navy's Drug Education For Youth (DEFY) Camp. DEFY is a program where children learn the truth about drugs and alcohol, develop self-esteem and leadership skills while having fun and making lasting friendships.

For the past seven years, NAF has sponsored the DEFY program. This year the base received an award for having one of the best programs in the country.

This year the Public Affairs Officer for the DEFY program, LT Paul Noell from Washington D.C., paid a visit to NAF El Centro to congratulate the staff and mentors for a job well done. He also presented NAF El Centro with a Letter of Congratulations from Secretary of Defense Donald Rumsfeld for having the best drug awareness program in the



It is 9 a.m. and these DEFY students are at the Water Park for a cool down.

country.

Camp Director, AO1 Frederico Lewis, said he was very proud this year's program went so well. This was his first year heading the program. "I couldn't have done this without the help of my Operations Assistant EN3 Kristina Turnage and the rest of the team members."

Many of the students from the past have become junior mentors making the program work better because they are able to identify with the students.

Sixteen-year-old Zachary Morton started five years ago as a student with DEFY, and has been a junior mentor since he was 13.

Continued on pg. 3



Flying Fish remain undefeated for 2003 season

By JO2 Carmichael Yepez

Editor

The 2003 swim season has been one of the best seasons for the NAF El Centro swim team, the Flying Fish. They have remained the undefeated champions at every swim meet since the season started taking all first place medals in each event.

"We have a lot of good swimmers who are very committed," said Assistant Coach Sean Suamataia. "I'm very proud of them."

It's hard to say if it was the change of name or the commitment to winning that has resulted in their success, but one thing we do know is the hours of constant practice have finally paid off.

For the past several months from Monday through Friday they have spent countless hours at the pool gasping for air and cutting through the water from side to side, swimming up to two miles each day.

"They deserve it," said Suamataia. "It takes a lot of dedication to show up for practice every day, but they are doing it."

Fifteen-year-old Gabby Juarez is one of five swimmers from the Flying Fish who have been undefeated not only in all the meets, but in every swim stroke he's participated in. "I've been doing very well this season," said



Juarez. "My most memorable moment was at the Bancali meet in Mexicali, Mexico where I scored the highest points in my age group and received the high point trophy."

Last year, the El Centro swim team did fairly well, but did not finish in the top three in the Imperial Valley Regional Meet. This year it seems their goal of making it to the top will be met. "Just to tell you how good we've been doing," said Suamataia, "during the meet, which took place at Imperial Valley College last month, we scored a total of 413 points. The next team below us scored 203. We were smoking," he added with a smile on his face.

Other Flying Fish who are also undefeated in all events are Brandon Cabrera, Tia Suamataia, Yury Takata and Ogden Douglas.

Photos by: JO2 Carmichael Yepez



Coach Sean Suamataia stands next to Gabby Juarez, one of NAF's undefeated swimmers.

According to Suamataia this year approximately 160 children ranging in ages from 2 to 18 signed up for the team.

The regional championship will take place on Saturday, July 26, at NAF El Centro.

"If our team members continue the way they are, the 2003 Regional Championship should be ours," Suamataia concluded.

From your Command Career Counselor

It isn't too early to start studying for the September advancement exam. The link below goes to Navy Recruiting Center Forest Park's "Who Wants to be a Master Chief" game and also has some general military knowledge quizzes.

If you have problems getting to the link, please contact me at Ext. 2329.

<https://reserves.navy.mil/Reserves/Private/Staff/Centers/Forces+Command/Centers/REDCOM+Midwest/Centers/Forest+Park/ManpowerAndPersonnel/PromotionAndAdvancement/default.htm?LGUID={579C9823-ADA2-40FD-8B14-338A772AA629}>

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NAF Student makes the "who's who" list among high school students



Photo by: RP2 Leslie Williams

By RP2 Leslie Williams

Ashlee Williams, a freshman at Southwest High School, has been nominated as one of the smartest students in the nation.

Her biography will be featured in the prestigious publication,

"Who's Who Among American High School Students," a high academic honor awarded to less than 6% of American high school students. Ashlee was nominated by Southwest High School for the 2002-2003 Academic year.

Ashlee's goals include attending Howard University in Washington D.C., and becoming a Lawyer.

Her nomination will be distributed to 11,000 colleges, high schools, libraries and youth group organizations.

Congratulations Ashlee, for your commendable achievements at Southwest High school!

Ashlee is the daughter of Religious Program Specialist Petty Officer 2nd Class Leslie Williams.



NAF's Command Career Counselor renders first salute to newly commissioned son

All in the family

By JO2 Carmichael Yezpe
Editor

June 26 will always be a memorable day for J. Chris Jensen and his family. Not only did he receive his commission as an Ensign, USNR (Active); but his mother, Navy Counselor 1st Class Petty Officer (AW) Pamela Jensen, rendered him his first salute after the ceremony at the Virginia Tech War Memorial in Blacksburg, VA.

"I guess this means it is my turn to listen to his orders," said Pamela. "But that's okay. I'm very proud of him. This is another one of his goals he has reached. I just hope he's smart enough to be



scared of the obligation he has just taken."

According to Pamela, Naval service runs in their family history. Two of Ensign Jensen's grandparents retired from the Navy. A great-uncle was a Rear Admiral in the Civil Engineer Corps and both his father and stepfather retired from the Navy.

"It's kind of cool to be starting my career just as my parents are



Photos by: ENS/James Oakley

Mom rendered first salute to her son after the Commissioning Ceremony. Ensign Jensen has orders to report to Naval Flight Officer School at Naval Air Station Pensacola on Halloween.

DEFY

Continued from pg 1

"We learned a lot about drugs and what they can do to you," said 8-year-old Ogdon Douglas. "My favorite part about the program was eating at the Galley and our trip to the Museum of Man in San Diego."

On the last day of the program, the students performed some skits for the Executive Officer CDR Peter Hayes, demonstrating how drugs and alcohol ruin your life.

"I am happy to know we let them see how they can turn to friends and others for help instead of drugs and alcohol and the people who push them," said Ogdon's mother, Wendy.

Phase 2 of the DEFY program kicks off in August. Interested persons may contact AO1 Lewis at 339-2606.



To cool off, DEFY students went for a plunge in the pool or a splash at the Water Park.



"We hope to see the all the students return for the second phase," said Lewis. "We want to continue our work to push toward our goals, and most importantly everyone's friendships."



Part of their daily routine included watching the raising of the flag every morning.

Photos by: JO2 Carmichael Yezpe

A lasting marriage

By LT Robert Church
Chaplain

There is a long-standing myth in our society that couples who live together before marriage are able to see if they are compatible and therefore have more satisfying and longer-lasting marriages than couples who do not. Many studies have found that those who live together before marriage have less satisfying marriages and a considerably higher chance of eventually breaking up. One reason is that people who cohabit may be more skittish of commitment and more likely to call it quits when problems arise. But in addition, the very act of living together may lead to attitudes that make happy marriages more difficult. The findings of one recent study, for example, suggest "there may be less motivation for cohabiting partners to develop their conflict resolution and support skills." If you are interested in more information on this topic, feel free to contact me.



By LT David Rodriguez
P/O

On the evening of July 4th, the stage was set for what was to be a spectacular evening of fireworks and festivities. For the 5th year in a row Imperial Valley residents enjoyed the display of live fireworks under balmy 88 degree conditions, a cool breeze and a clear sky.

Residents from all over the Valley gathered on the campus of the Imperial Valley Community College lining the roads for miles to view the event.

Live music and various performers entertained spectators prior to the show. Booths sold food and knick-knacks like kettle corn, chile con carne, nachos, and ice cream.

NAF El Centro's Chief Petty Officer Association had a booth where they sold T-shirts and command coins.

CAPT Paul Ziegler was the keynote speaker for the evening and gave a speech that talked about the sacrifices made by our forefathers and by our troops today. He concluded his speech by introducing NAF El Centro's flag passing detail, which presented a flag to the Imperial Valley's Veterans Association. Then KXO radio announcer, Gene Brister, introduced the NAF El Centro Color Guard and led the crowd in singing the National Anthem. The ceremony concluded with a fireworks display that several people commented was the best they have ever seen.





Photos By: LT David Rodriguez



Photo by: JO2 Carmichael Yopez

Passing on an old tradition

By SK1 (SW) Robert Smeltzer

Supply

In the 1970's, my classmates called me "Barnyard Bob." Back home, I was in charge of feeding and cleaning up after our two cows and two pigs on my parents' small farm. The work was often dirty but the rewards were satisfying. We were able to eat steak and pork chops for the price that others were paying for hamburgers and bacon. Although my main responsibility was to the animals, I also learned about raising a garden.

Today, my wife is home schooling our two daughters Kristen and Amber. As part of their education, I decided to teach them a little about gardening, so I went to work in the backyard. After breaking up the soil, I called for the girls to come out and plant corn and peas. The girls placed the seeds in the ground and went back into the classroom but always kept a

close watch out the window. Within a couple of weeks, they were excited to witness the beginning of new life. The small kernels had developed into small green plants. The plants grew quickly. Soon the corn was knee high, then waist high. One day, Amber was outside and came running into the house saying, "Daddy the corn is higher than me!" and a month later it was taller than Dad.

Last summer the girls helped Grandma plant potatoes in Ohio. Grandma was the youngest of fifteen children and was raised in a family where farming was a necessity during the Great Depression. She was the first to graduate from High School in her family. I have learned a lot from my parents and from farming. It helped prepare many young people for life's challenges. I'm trying to instill those same principles in our daughters and simply pass on a family tradition.





Base resident volunteers to help families of deployed troops

Mr. Lawn Man

By JO2 Carmichael Yopez

Editor

Thanks to one man at NAF, the workload for many families of deployed soldiers has been lessened.

When Ray Falzini, a retired civilian and National Public Health Service dependent, heard that Soldiers from NAF had been deployed in Operation Enduring Freedom he decided to help out by volunteering to mow their lawns.

Falzini said that one day he overheard two spouses at the Thrift Shop talking about how they were having problems getting the lawn mower to start.

"One of the ladies had a daughter about ten or twelve and some younger children with her," said Falzini. "The first thing that came to my mind was this young child trying to mow the lawn and getting hurt, so I decided to help out."

He started with one lawn, then two and soon he was mowing up to nine lawns.

"He is just an incredible person," said Claudia Duenas, an Army spouse whose husband is deployed. "Before Mr. Falzini started mowing my lawn, it was always getting past standards. He's made our lives so much easier," she added. "It's one less thing we have to worry about, because now that our

husbands are gone, we tend to worry about everything."

Mrs. Duenas said at times she would get scared because she couldn't see her Chihuahua in the back yard.

"When I first started, I encountered lawns that looked like jungles," said Falzini. "I had to cut them with my mower doing a wheely."

"It's not that I couldn't physically cut the lawn, but with a 9-month old baby it was hard to get around to do the work my husband was doing, especially with this summer heat," said Duenas.

Mr. Falzini, who has been retired for 11 years says that now he has more time on his side he likes to help out whenever he can. When he is not cutting lawns he volunteers at the base Chapel and the base Thrift Shop. His wife, a LCDR with the Public Health Service, says she doesn't mind him doing so much work as long as he knows when to stop.

"Ray you know what to do," she says. "Just make me one promise, that you will drink plenty of water and remember it is O.K. to take breaks."

There is no charge for the services Mr. Falzini provides. He says he does it because he likes to help people. "I just like to help out," he said. "As you know we have a great country and I like to keep it that way."

Duenas says she was more than surprised when Mr. Falzini showed up at her door to ask if she could use some help with her lawn. "I



Photo by: JO2 Carmichael Yopez

told him no because I could not afford to pay for someone to cut my lawn, but then he said he didn't charge, he was just doing it to help out. It almost brings me to tears when I think how much he does for us," Duenas added. "He is a very good man and is always looking out for us."

Recently Falzini was presented with the Yard of the Month Award for maintaining Mrs. Sherry Britton's yard. Her Husband, LT Bobby Britton is currently deployed to Iraq.

"I'm too old to fight for my country," said Falzini. "But not too old to help out the ones who are."

The Housing Column

By Tony Hunt

Housing

Grounds Maintenance:

The areas of responsibility in caring for your yard are: Mowing lawns, pruning shrubs, edging lawns, caring for flower beds, sweeping and cleaning driveways, sidewalks, and assigned carport areas.

Your grass must be trimmed along sidewalks, fences, trees, curbs, poles and any other object in the yard. Lawns should be mowed to a height of no less than two inches, no

more than four. Self help has lawn and gardening tools available to all family housing residents.

Pets: A maximum of two pets per household are allowed in MFH. All pets should be registered with Security Department. Dogs are not allowed out of the quarters, except in a fenced yard or walking on a leash held in the hands of a person capable of properly controlling the pet. All strays will be reported to Base Security and eventually turned over to the proper animal control agency for impounding. If pets become a nuisance by

making excessive noises such as barking, growling, howling, or destroying government property the owner will be required to remedy the situation immediately or remove the pet from the housing area. Daily cleanup after pets is required. This includes cleaning litter boxes. Immediate cleanup after walking pets in common areas is mandatory.

Most of these regulations are just common sense items that you know as a responsible pet owner. However, failure to comply with these provisions or repetitive lack

of control of your pet may cancel the authorization you have to keep pets aboard the station and could result in the loss of your government housing.

On a closing note we would like to congratulate our July Yard of the Month winners. In the Officer Category top left, LT Bobby Britton. Senior Enlisted category, top center, Sgt. 1st Class Ernie Tipace. Enlisted junior category, top right, Technical Sgt. Donald Heiss.

Housing Director Clara B. Parrish presented the following personnel with the YOM award: Officer Category Ray Falzini, Senior Enlisted, Joan Tipace and Junior Enlisted, Colonel Heiss.



Photos by: Tony Hunt



Photos by: JO2 Carmichael Yopez

Attention to Quarters

By JO2 Carmichael Yopez
Editor

Quarters was held at the Base Theater on Thursday, July 17. Executive Officer, CDR Peter Hayes, presented newly arrived MSC (SW) Lillian Fredeluces with a Navy Commendation Medal. Fredeluces is coming from the USS John C. Stennis, where she served as the Galley Chief.

On Tuesday, July 29, ACCS (AW/SW) Renae Morin from Operations reenlisted for three



years. CDR Michael C. Urquhart, Morin's previous XO at her command in North Island, was her reenlisting officer. This was

his last official act in the Navy. He retired the following day. Morin serves as the Air Traffic Control Facility Officer.

Welcome Aboard to our new July Indoc Class and their families. From left to right

ADAA Christina Hernandez (Strike), ATAA George Keebler (Strike), AT3 Patrick Bullin (Strike), ADAA Bradley Rhodes (Strike), AOAR Kami Smith (Weapons) and MSC (SW/AW) Lillian Fredeluces.

Radio operators gear up for field day contest

By Gabriele T. Steinau
Admin Department

A number of Imperial Valley Amateur Radio operators worked 24 hours from 28-29 June to set up field radio communication stations, get on the air, and contact thousands of other operators in the U.S. and Canada as part of participation in the American Radio Relay League's (ARRL) Field Day.

According to Bruce Thompson, President of the Imperial Valley Amateur Radio Club, "Field Day is a way for hams to get together and have fun under challenging conditions. It is also a chance to fine-tune emergency communication skills. We use generators and battery power, and we set up antennas in the field. The idea is to put together a self-sufficient, working station quickly and begin making contacts."

The ARRL has been effective in establishing emergency communications nets during floods, hurricanes, fires, earthquakes and other major disasters. Members of formal emergency organizations such as the Amateur Radio Emergency Service (ARES) and the Radio Amateur Communication Emergency Service (RACES) regularly participate. The League estimates that more than 35,000 hams participate in Field Day every year.

Financial Independence

By Dr. Lynn Flowers
Family Advocacy Representative

Being financially independent can mean many things to many people. Some people see financial independence as being able to buy whatever they want, living wherever they want, and never working. Other people may see financial independence as living in the barracks, serving in the Navy, and not asking their parents for any money. Retired people may see financial independence as having enough money to meet their needs until they die.

The "bottom line" is that only you can define what will make you feel financially independent. Knowing what you want to achieve financially can help you to work towards that goal. Figure out what your financial priorities are, as well as what they are not. Avoid expenditures that get in the way of your goal.

Do periodic financial "reality checks." Depending on your situation, this may be weekly, monthly, or even yearly. Calculate the value of your assets and your debts. Make plans to increase your assets and to effectively manage your debts. Also, make sure that you use some of your

assets to enjoy life, as you work towards your long-term goals.

Be flexible in what you want and what you are willing to do to achieve it. For example, if you want to retire in a home overlooking the Pacific Ocean, you might experience "sticker shock" when you see what this dream might cost you. You might find that a comfortable home without the ocean view will cost a fraction of what your dream house would cost. Also, many (if not most) military retirees do not quit working after they leave the military. Remaining in the work force helps them to work towards their personal and their financial goals.

If you have ongoing debt payments, try to take advantage of low interest rates. Check to see if the interest on your debts can be adjusted to a lower rate. Then, you can pay off the principal more quickly.

Remember that living modestly and below your means is a time-tested way of achieving financial security. Setting aside some savings every month will help you to achieve your goals. Being careful in how you spend money can have incredible long-term results. For more information Contact the Fleet and Family Support Office at 339-2241 for further information.



MWR schedule of events

Sun

Mon

Tue

Wed

Thur

Fri

Sat

* Mirage Club Chef's Special and Buffet Menu M - F 1100 to 1400
Monday - Thursday \$ 5.95 Fridays \$ 6.95 Salad Bar \$ 3.95

* Bowling Center delivery call Ext. 2918 between 1000 - 2130
Pizzas/Burgers/Freedom Fries and Smoothies

* Movies begin at 7 p.m. on Fridays and 5 p.m. on Saturdays



Blue Pin Bowling
1400 - 2200 Ext. 2575



3

Dance Class @ Fitness
Ct. 1900 Ext 2488

Youth Summer Theater 4
one act plays start at
1900 @ Base Theater
Ext. 2481

Carne Asada
Buffet
Chicken Fried Steak

4

CAPT Cup Volley Ball
@ 1700



Peach Glazed Chicken
Buffet
Build a Taco Bar

5

Ladies Night @ at the
Mirage 2000 Ext. 2330

Dance Class @ Fitness
Ct. 1900 Ext 2488
Library, Story time 1500
- 1600 Visit Ancient
China w/costume story
Chef Salad
Buffet
BBQ Beef Ribs

6

Padres VS Chicago Cubs
at 1400 bus leaves at 1100
Ext 2486

CAPT Cup Volley Ball @
1700 Ext. 2482
Country Night @ at the
Mirage 2000 Ext. 2330
Hot Turkey Sandwich
Buffet
Teriyaki chicken

7

Cosmic Bowling Night
@ the Bowling Ctr. Ext. 2575

Presidential Kids Sports
Program ends
Beauty & the Beast (G)
Stuffed Tuna Avocado
Buffet
Fish & Shrimp

8



Anger Management
(PG-13)
Fatal Blade (R)

9

Blue Pin Bowling
1400 - 2200 Ext. 2575



10

Dance Class @ Fitness
Ct. 1900 Ext 2488



Beef Chimichanga
Buffet
Barbecue (BBQ) Beef

11

CAPT Cup Volley Ball
@ 1700



Honey Dijon Chicken
Buffet
Peppered Steak

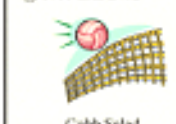
12

Ladies Night @ at the
Mirage 2000 Ext. 2330

Dance Class @ Fitness
Ct. 1900 Ext 2488
Pasta Primavera
Buffet
BBQ Beef Ribs

13

CAPT Cup Volley Ball
@ 1700 Ext. 2482



Cobb Salad
Buffet
Italian

14

Under the Sheet Night
Bowling @ the Bowling
Ct. Ext. 2575

Stallion of the
Circus (G)
Shrimp Louise
Buffet
Fish & Shrimp

15



X-Men 2 (PG-13)
Identity (R)

16

Blue Pin Bowling
1400 - 2200 Ext. 2575



17

Dance Class @ Fitness
Ct. 1900 Ext 2488

Kids Movie Madness
1900 at small pool free

Sicilian style meatball
Buffet
Build a burger bar

18

CAPT Cup Volley Ball @
1700



Spicy Salsa Chips
Buffet
Chick Fried Steak

19

Ladies Night @ at the
Mirage 2000 Ext. 2330

Dance Class @ Fitness
Ct. 1900 Ext 2488
Mongolian BBQ
Hot Beef Sandwich
Buffet
BBQ Beef Ribs

20

Padres VS New York
Mets at 1400
bus leaves at 1100

CAPT Cup Volley Ball @
1700 Ext. 2482
Hans & Cheese Chix Rolls
Buffet
Mexican Food

21

Walk around Oahu ends

Country Bears (G)
Shrimp Stir Fried
Buffet
Fish & Shrimp

22



Heat Part 2 (R)
Heat Part 2 (R)

23

Blue Pin Bowling
1400 - 2200 Ext. 2575



24/31

Dance Class @ Fitness
Ct. 1900 Ext 2488



Rollad Tacos
Buffet
Salisbury Steak

25

CAPT Cup Volley Ball
@ 1700



Roast Tri Tip
Buffet
Pork Chops

26

Ladies Night @ at the
Mirage 2000 Ext. 2330

Dance Class @ Fitness
Ct. 1900 Ext 2488
BLT Sandwich
Buffet
BBQ Beef Ribs

27

Flying Fish Swim Team

CAPT Cup Volley Ball @
1700 Ext. 2482
Beef Tostada
Buffet
Baked Chicken

28

Crazy Bowling Night @
the Bowling Ctr. Ext. 2575

Toy Story (G)
French Dip
Buffet
Fish & Shrimp

29



Dreamcatcher (R)
Pool Hall Junkies (R)

30

Captain's Cup standings

By Andre Turner

MWR

Hello fellow athletes the
Captain's Cup is going well.

KHAKIS inch ahead of CONS by
one point. KHAKIS
accomplished this feat by winning
Over the Line. Congratulations
to KHAKIS. Now we are in the
early stages of the horseshoe

tournament. Volleyball will be
starting around August 7, so I
expect to see a great turnout as
we have been having for all the
sports. Here is the current
standings for Captain's Cup.

1. KHAKIS	14 PTS
2. CONS	13 PTS
3. SFMU	9 PTS
4. BOS	1PT
5. WEAPONS	1 PT

National Night Out

By MACS Sheryl Patterson

Security

The NAF Security Department will be
hosting National Night Out on Tuesday,
August 5. This event will involve over 9,800
communities from all 50 states, U.S.
territories, Canadian cities and military bases
around the world. In all, over 33 million people

are expected to participate in "America's
Night Out Against Crime."

National Night Out is designed to heighten
crime and drug prevention awareness,
promote safety, strengthen neighborhood
unity, spirit and police community
partnerships.

On this day, from 6-8 p.m., base residents
are asked to lock their doors, turn on outside
lights and spend the evening outside with
neighbors and the Security Department at the

NEX/Commissary parking lot. There will be
numerous events for children and adults alike
which will include: Ident-I-Kid, Operation
Identification, animal registration, games,
MWD demonstration, and more. There will
also be information on how to provide a safe
environment and community across the
nation.

DEFY will have a booth at this event. All
DEFY campers and parents need to stop by
the booth.